For Students:

• **Create a Pledge Wall.** Work together with your classmates and school to create your own anti-bullying pledge. Make copies and have students sign them, when you’re done, dedicate a wall to your pledges and put them out on full display to show your support and commitment to creating a bully-free atmosphere at school.

• **Morning Announcements.** Work with your administrator who is in charge of morning announcements and ask them to incorporate bullying prevention messages, tips, and news into announcements.

• **Start a Stop Bullying Now! Club.** Get everyone involved by starting your own anti-bullying club. Check out [http://www.stopbullying.gov/index.html](http://www.stopbullying.gov/index.html) for more ideas!

• **Sign a Petition or Pledge to Stop Bullying**
  pacer.org/bullying/digitalpetition | wearethesolution.net

• **Pledge to Become a Champion Against Bullying**
  pacer.org/bullying/nbpm/champions.asp
  > Champions are schools and organizations that support the cause and are taking part in some way during Bullying Prevention Month.

For Everyone:

• **#StopBullying365** All month long you can use this hashtag to share your story of how you or someone you know in the community is taking action to prevent bullying.

• Join the Free2Luv organization’s **#millionsignmission** campaign and help them reach their goal of one million participants! Print out the “Friends Don’t Let Friends Bully” sign (http://free2luv.org/print-your-sign/), grab some friends, and take a photo! Post your photo on Twitter with #millionsignmission. This nonprofit organization works to promote individuality, celebrating equality, spreading kindness, and standing up to bullying through the use of arts and entertainment.

• **September 26, 2015- Bullying Stops Here Live!**
  Free event at the Central Library, Downtown Buffalo, 1 Lafayette Square
  Community group performances and Super Heroes! Free event for all ages. 1:00 p.m.
• September 30, 2015- **Bystanders in Bullying: What We Know and Where to Go**
  Amanda Nickerson, Ph.D
  Capen 262, UB North Campus
  11:30-12:45
  [http://gse.buffalo.edu/alberticenter/events/colloquium](http://gse.buffalo.edu/alberticenter/events/colloquium)

• October 2, 2015- **Teen Peer Support Group**
  Sponsored by Parent Network of WNY, this support group is open to youth ages 13-18. Peer-run, this group offers youth the opportunity to share personal experiences and receive support.
  6-7:30 p.m.
  [http://parentnetworkwny.org/workshops-and-events/events-calendar/event:10-02-2015-6-00pm-teen-peer-support-group-mental-health-association/](http://parentnetworkwny.org/workshops-and-events/events-calendar/event:10-02-2015-6-00pm-teen-peer-support-group-mental-health-association/)

• October 5, 2015- **Stomp Out Bullying Blue Shirt Day**
  Wear a blue shirt to support the “Stomp Out Bullying!” initiative! Stop by Bon-Ton to pick up an official shirt. $8 of proceeds will go directly to the foundation.

• October 10, 2015- **Run, Walk, Roll Against Bullying**
  Participate in the 5k run or 1 mile fun walk to help raise awareness for bullying prevention. A portion of the proceeds will benefit the Alberti Center!
  Queen of Heaven School - 10:00 a.m.
  Register at: [https://reg.score-this.com/regx/step1.jsp?eventID=1534](https://reg.score-this.com/regx/step1.jsp?eventID=1534)

• October 11, 2015- **Dash for Diversity Relay/Walk**
  Join the National Federation for Just Communities in their annual event to raise awareness and promote diversity and tolerance in our community.

• October 19, 2015- **Alberti Center Annual Conference**
  Join us at our annual conference! Keynote presentation by Maurice Elias, Ph.D, *Ending Bullying, Harassment, and Intimidation in Our Schools: The Hard Steps Not Yet Taken.*
  Afternoon presentation by Jennifer Greif Green, Ph.D. *Transitioning to College: The Experience of First-Year Students with a History of Childhood Bullying.* Lunch and panel discussion. Register at: [http://gse.buffalo.edu/alberticenter/events/conference](http://gse.buffalo.edu/alberticenter/events/conference)

• October 21, 2015- **Unity Day**
  Wear orange to show your support for bullying awareness and prevention!

Learn the facts about bullying and find additional resources at:
gse.buffalo.edu/alberticenter | stopbullying.gov | education.com/topic/school-bullying-teasing

Get involved on social media by liking and following the UB Alberti Center and join our mailing list via our website at: [http://gse.buffalo.edu/alberticenter](http://gse.buffalo.edu/alberticenter)